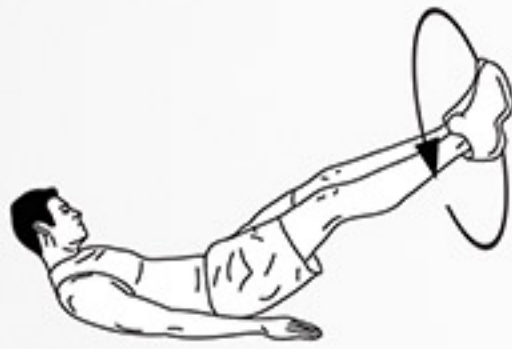


concrete **core**

DAREBEE WORKOUT @ darebee.com

LEVEL I 3 sets LEVEL II 4 sets LEVEL III 5 sets

REST up to 2 minutes



10 raised leg circles



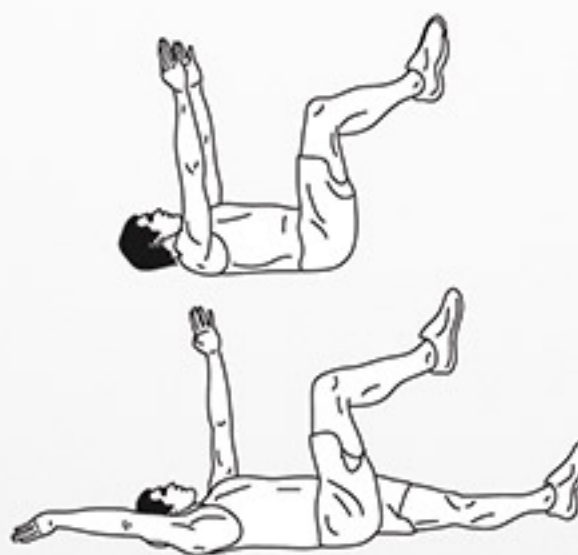
10 knee-to-elbows



10 side leg lifts



10 sit-up w/reach



10 dead bug



10 windshield wipers

core builder

DAREBEE WORKOUT @ darebee.com

Switch sides on the fly, halfway through the exercise.



20sec elbow plank



40sec raised leg plank



40sec side plank



20sec raised leg hold



20sec leg raises



20sec slow kicks



20sec raised leg circles



20sec side-to-side tilts



40sec side leg raises

Core Burn

DAREBEE **HIT** WORKOUT @ darebee.com

Level I 3 sets Level II 5 sets Level III 7 sets

2 minutes rest between sets



20sec high knees



20sec elbow plank



20sec high knees



20sec side plank (left)



20sec basic burpees



20sec side plank (right)



20sec high knees



20sec elbow plank



20sec high knees

COORE

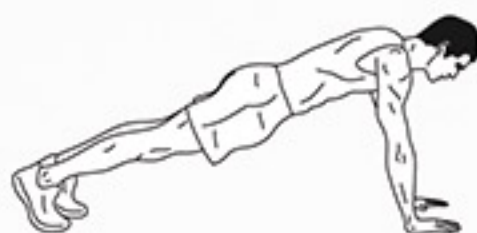
CONDITIONING

DAREBEE WORKOUT @ darebee.com

LEVEL I 3 sets LEVEL II 4 sets LEVEL III 5 sets REST up to 2 minutes



10 plank crunches



5 up & down planks



10-count plank hold



5 side plank rotations



5 side bridges



10-count side plank hold

change sides and repeat the sequence

core connect

DAREBEE WORKOUT @ darebee.com

LEVEL I 3 sets LEVEL II 4 sets LEVEL III 5 sets REST up to 2 minutes



4 plank leg raises



10 plank arm raises



4 body saw



4 plank rotations



10 plank crunches



4 side plank knee taps



4 side star plank



10 side plank rotations

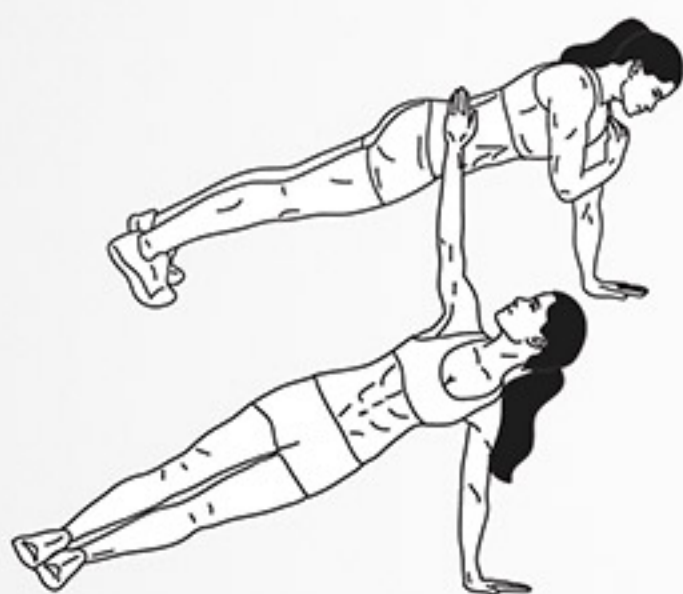


to fatigue elbow plank

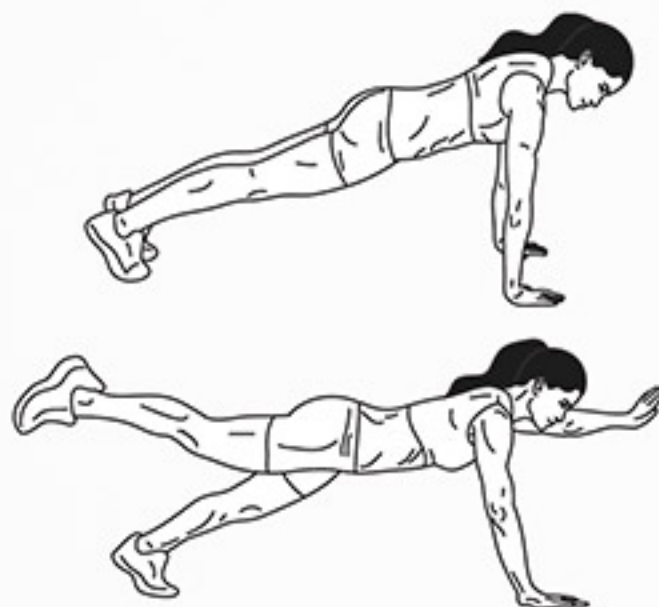
CORE CONTROL

DAREBEE WORKOUT @ darebee.com

LEVEL I 3 sets LEVEL II 4 sets LEVEL III 5 sets REST up to 2 minutes



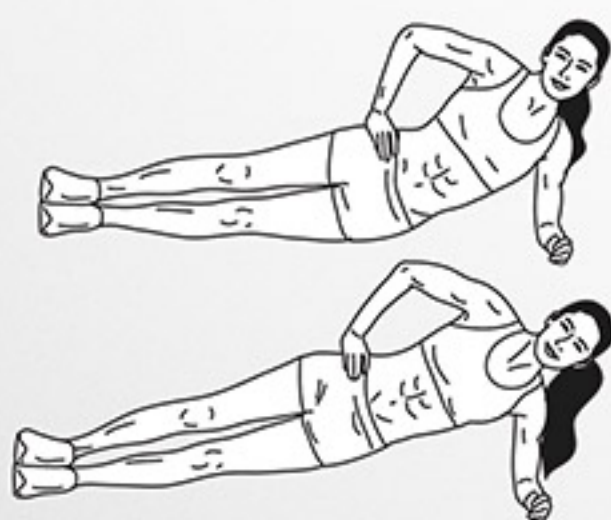
10 shoulder tap + rotation



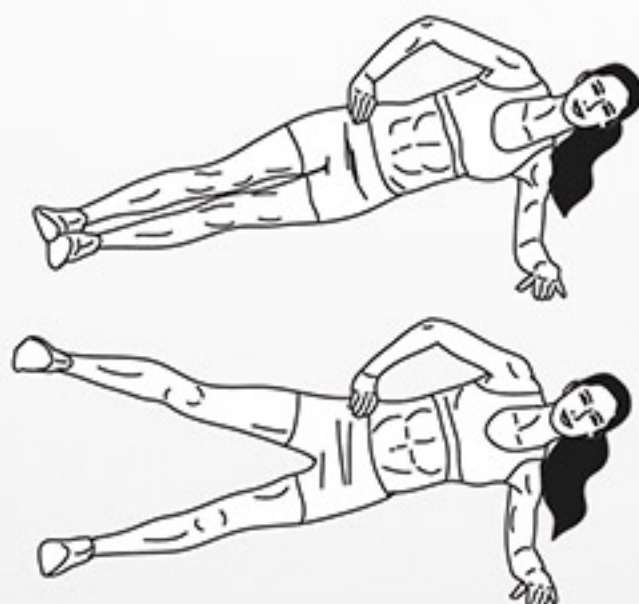
10 alt arm/leg raises



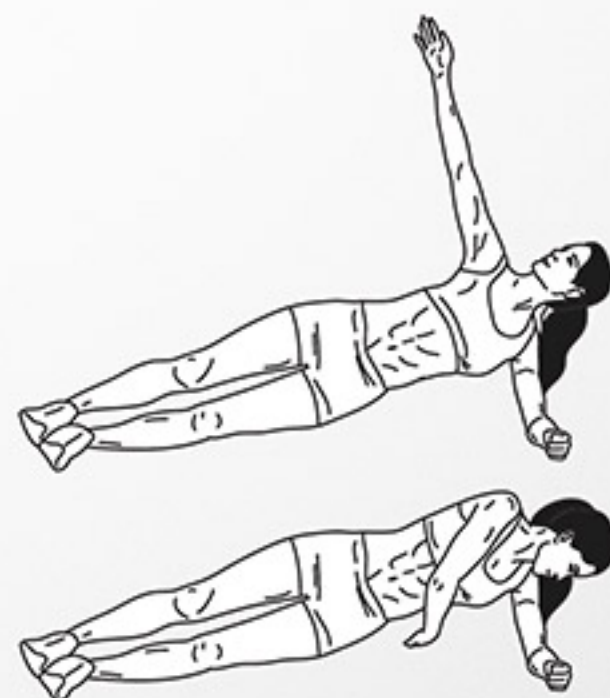
10 sit-outs



10 side plank raises



10 side plank leg raises



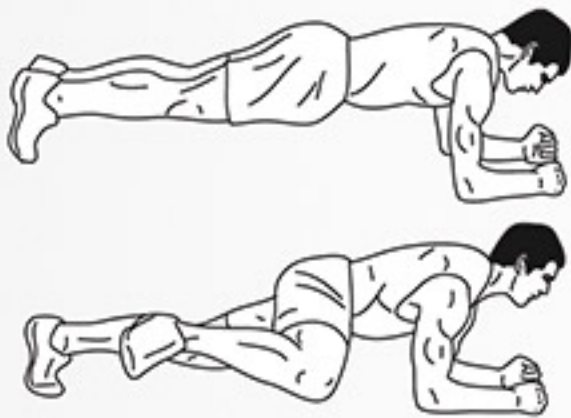
10 side plank rotations

CORE **CRUSHER**

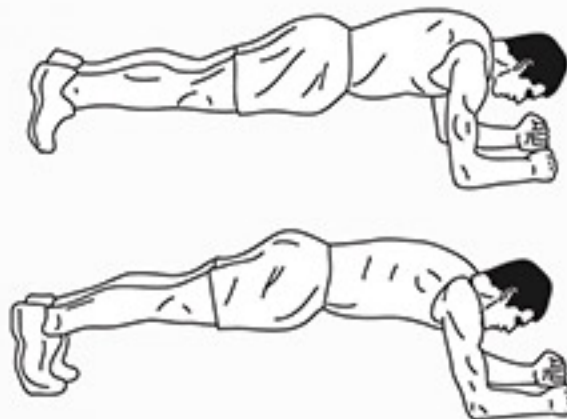
DAREBEE WORKOUT @ darebee.com

LEVEL I 3 sets LEVEL II 4 sets LEVEL III 5 sets

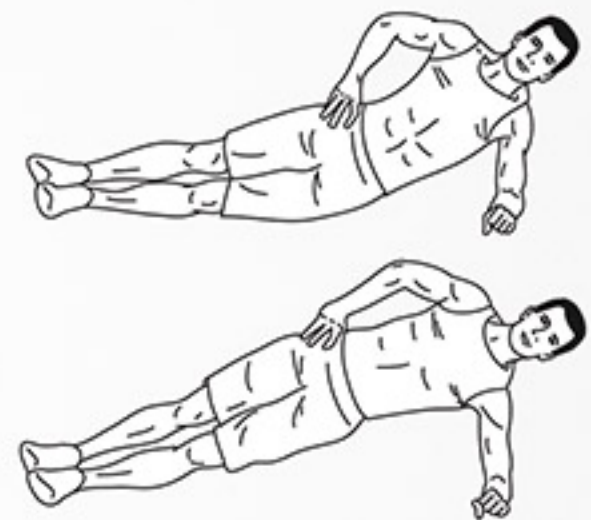
REST up to 2 minutes



20 plank side crunches



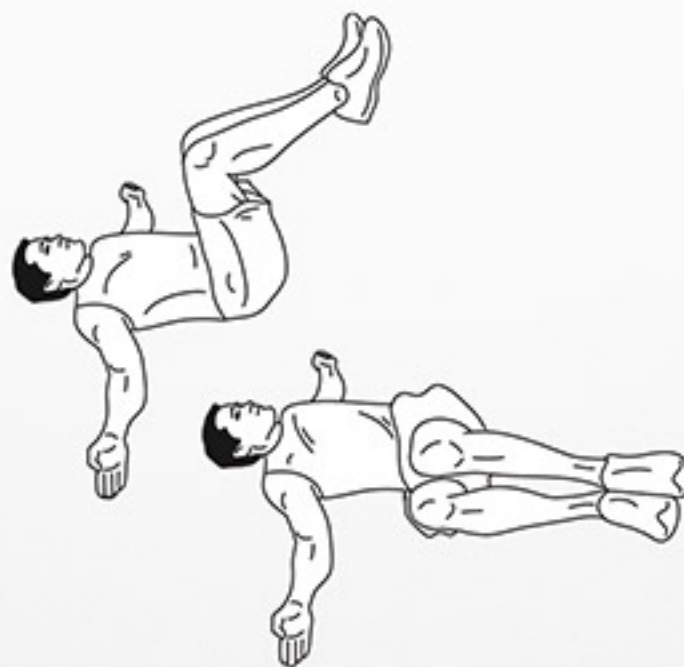
20 body saw



20 side bridges



20 knee-to-elbow crunches



20 half wipers

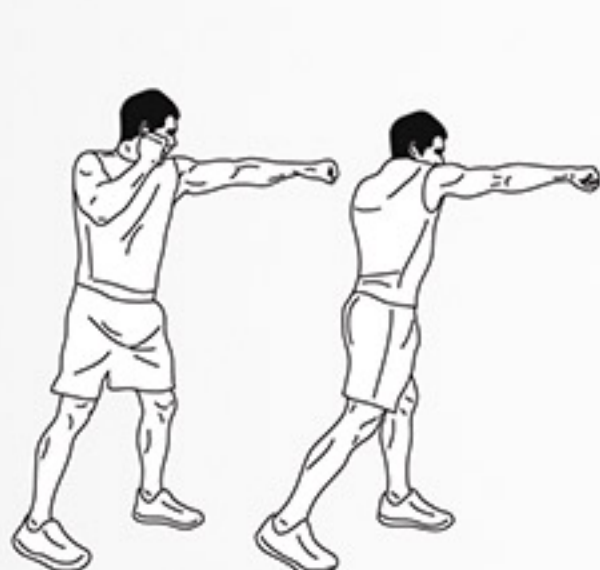


20 side jackknives

CORE FIGHTER

DAREBEE WORKOUT @ darebee.com

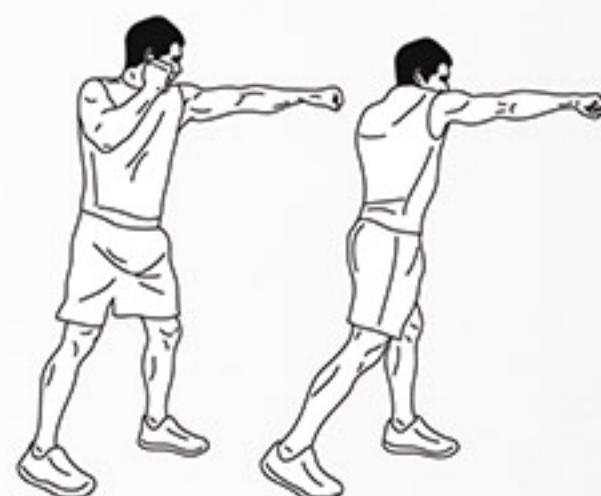
LEVEL I 3 sets LEVEL II 4 sets LEVEL III 5 sets REST up to 2 minutes



20 punches



20 overhead punches



20 punches



10 sit-up punches



10 sitting punches



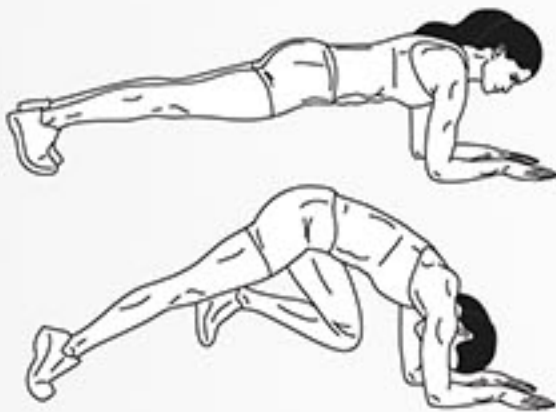
10 sit-up punches

Flow **core**

DAREBEE WORKOUT @ darebee.com

10 reps each exercise

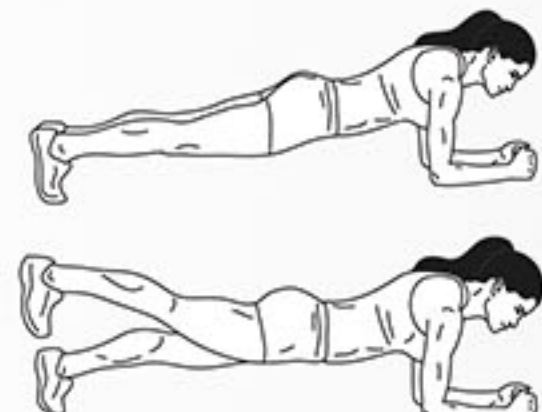
Change sides and repeat the sequence.



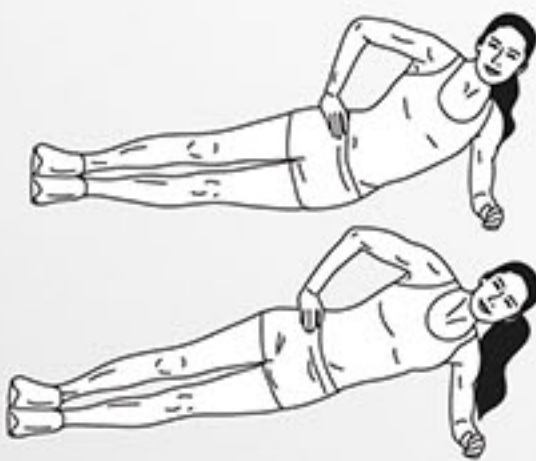
plank knee-ins



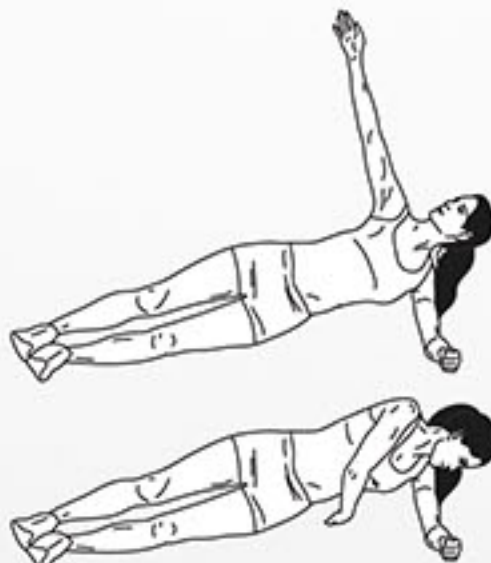
plank step-outs



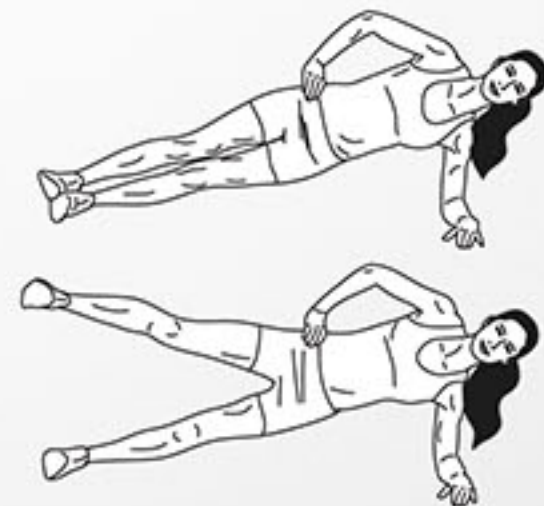
plank leg raises



side bridges



side plank rotations



side plank leg raises

CORE FORGE

DAREBEE **HIIT** WORKOUT © darebee.com

Level I 3 sets Level II 5 sets Level III 7 sets

2 minutes rest between sets



10sec basic burpees



30sec elbow plank



10sec basic burpees



30sec side plank (left)



10sec basic burpees



30sec side plank (right)



10sec basic burpees



30sec raised leg plank



10sec basic burpees

core

for runners

WORKOUT

BY DAREBEE

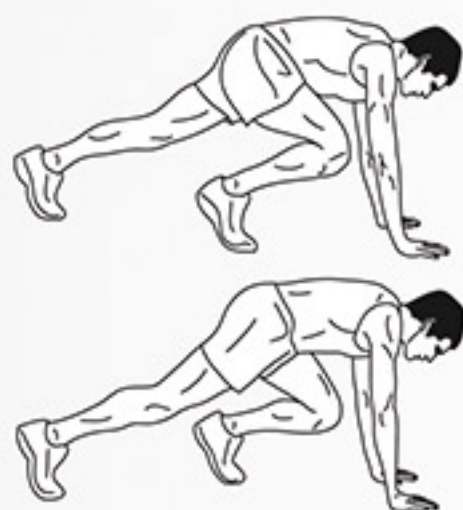
@ darebee.com

LEVEL I 3 sets

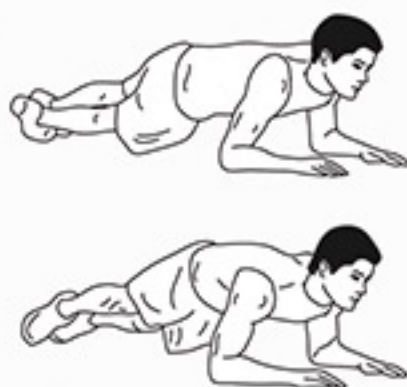
LEVEL II 4 sets

LEVEL III 5 sets

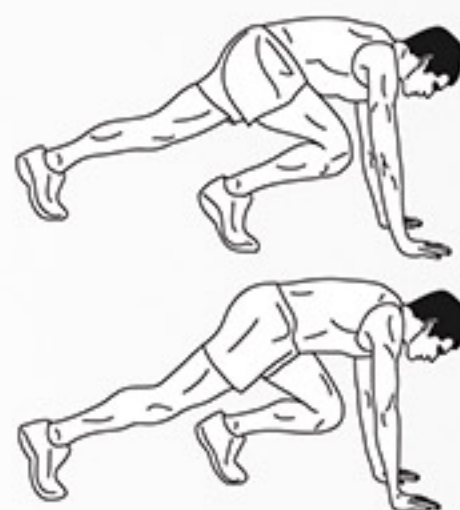
REST up to 2 minutes



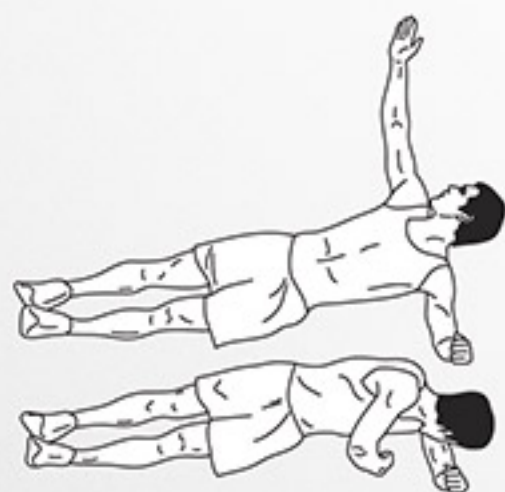
10 climbers



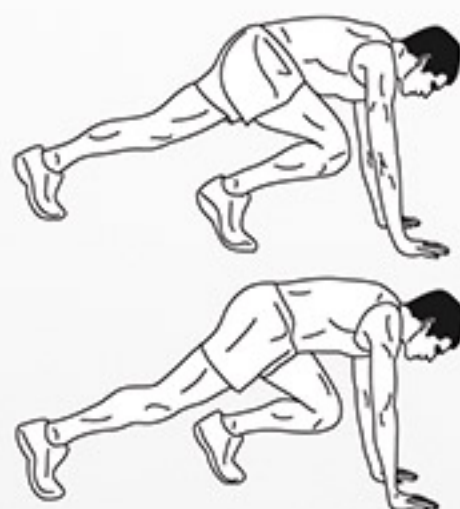
10 plank rolls



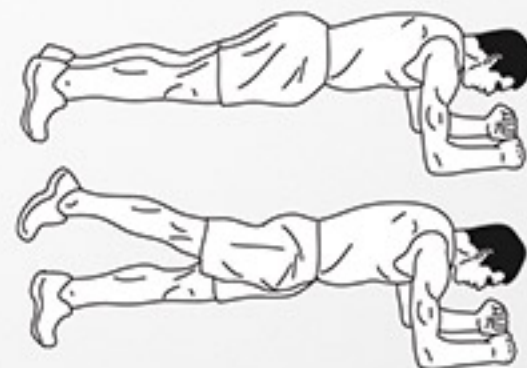
10 climbers



10 side plank rotations



10 climbers

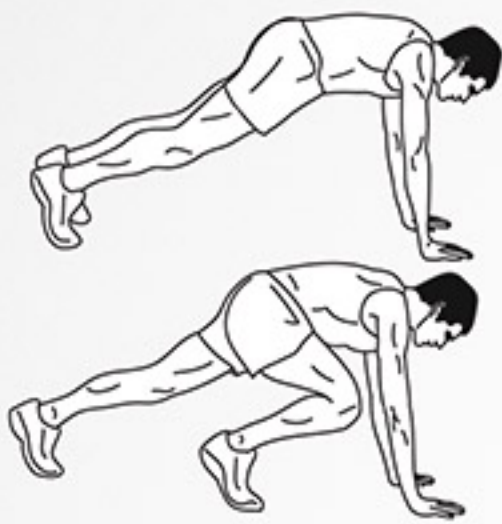


10 plank leg raises

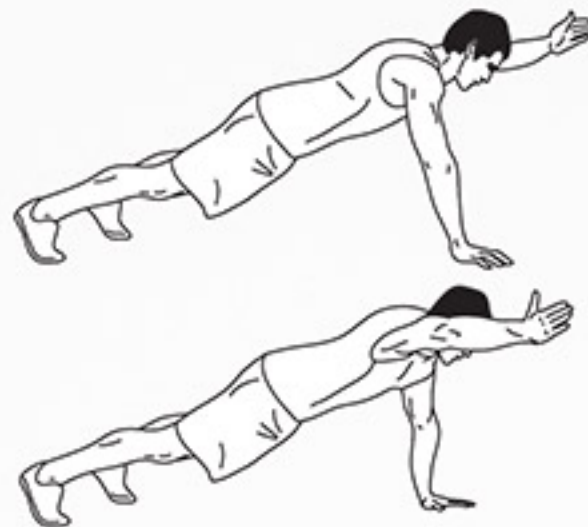
core fusion

DAREBEE WORKOUT @ darebee.com

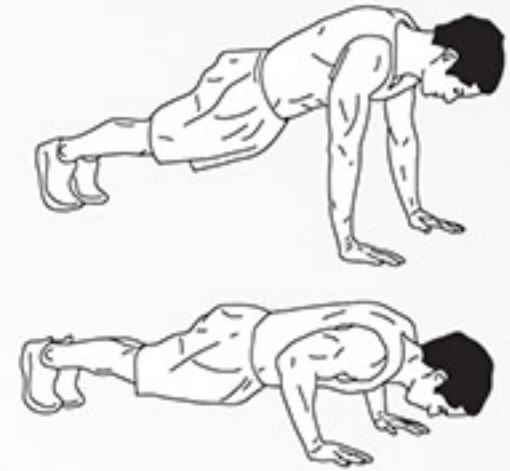
LEVEL I 3 sets LEVEL II 4 sets LEVEL III 5 sets REST up to 2 minutes



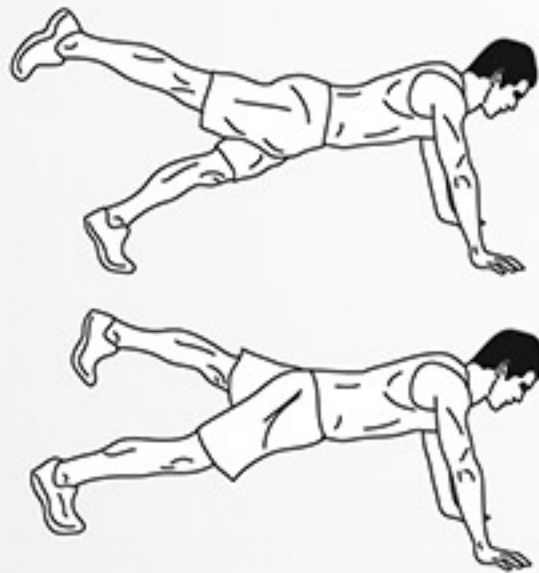
10 slow climbers



10 plank arm raises



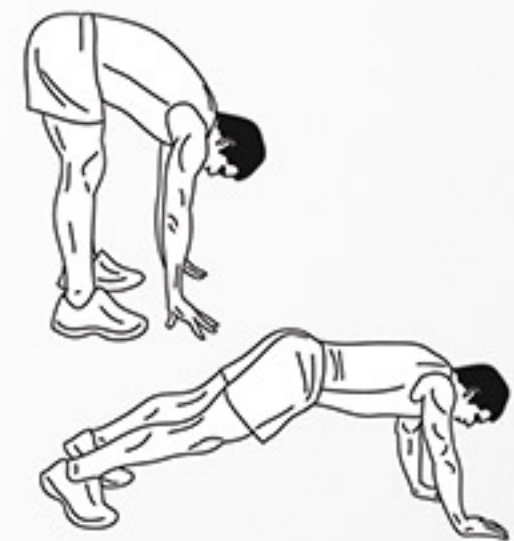
5 push-ups



10 plank leg raises



10 planks with rotations



5 plank walk-outs



5 up and down planks

core sculpt

DAREBEE **HIIT** WORKOUT @ darebee.com

Level I 3 sets Level II 5 sets Level III 7 sets

2 minutes rest between sets



20sec high knees



20sec elbow plank



20sec high knees



20sec side plank (left)



20sec high knees



20sec side plank (right)



20sec high knees



20sec raised leg elbow plank



20sec high knees

CORE TWISTER

DAREBEE WORKOUT @ darebee.com

Switch sides and repeat the sequence again.



20 seconds
staggered plank hold



20 seconds
archer plank hold



20 seconds
one-arm plank hold



20 seconds
knee-to-the-side
plank hold



20 seconds
raised leg plank hold

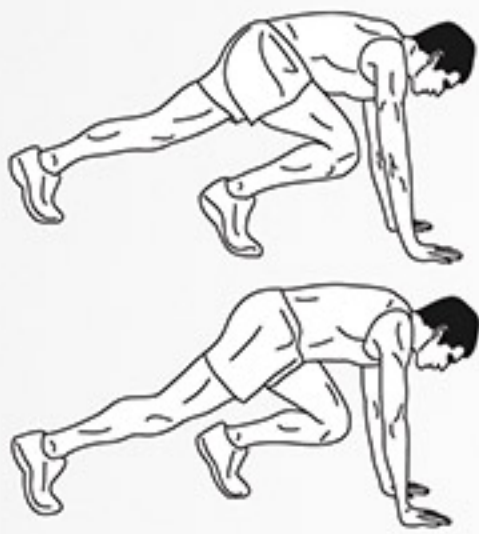


20 seconds
tucked-in
side plank hold

cycle **core**

DAREBEE BACK WORKOUT @ darebee.com

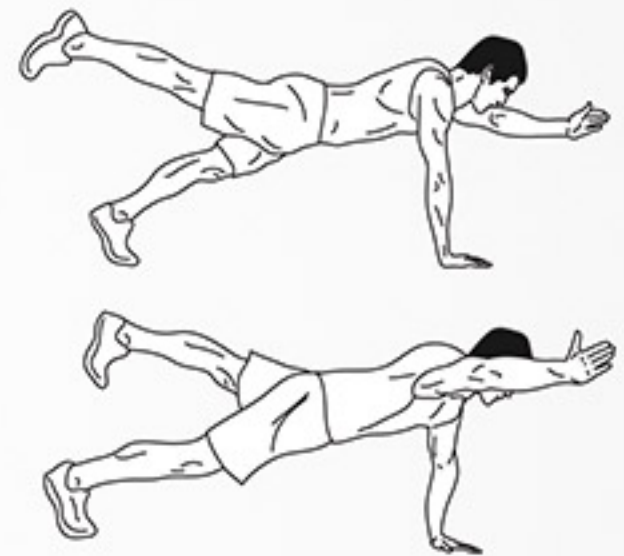
LEVEL I 3 sets LEVEL II 4 sets LEVEL III 5 sets REST up to 2 minutes



10 climbers



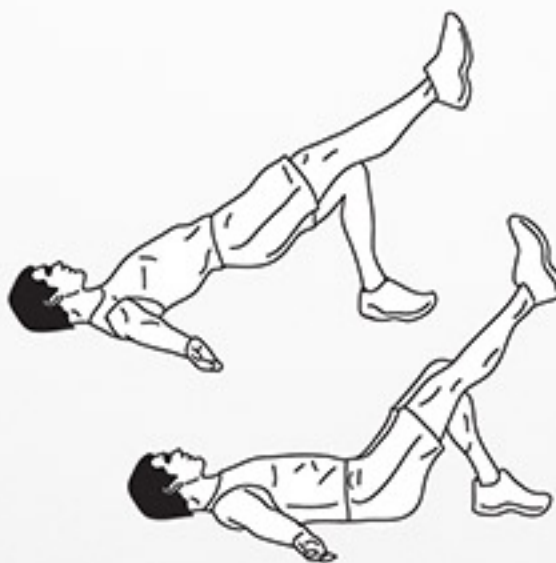
10 plank rotations



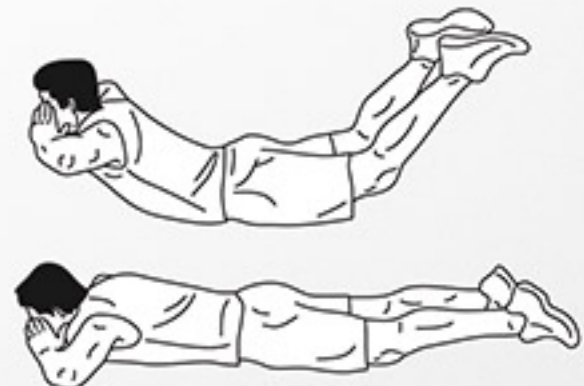
10 alt arm / leg raises



10 dead bug



10 single leg bridges

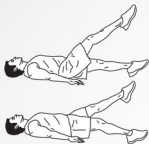


10 back extensions

HARD CORE

DAREBEE WORKOUT @ darebee.com

LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



20 flutter kicks



12 long arm crunches



14 sitting twists



10 side bridges



10 body saw



20 plank arm raises

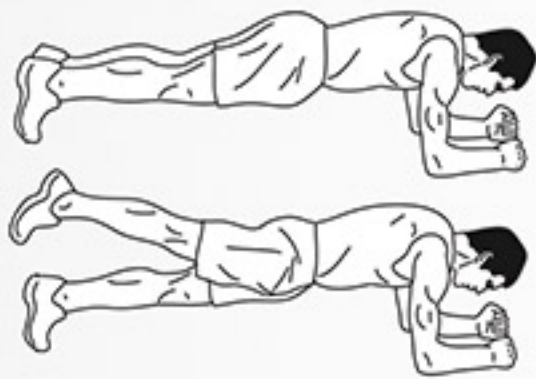


10 push-up into lunges

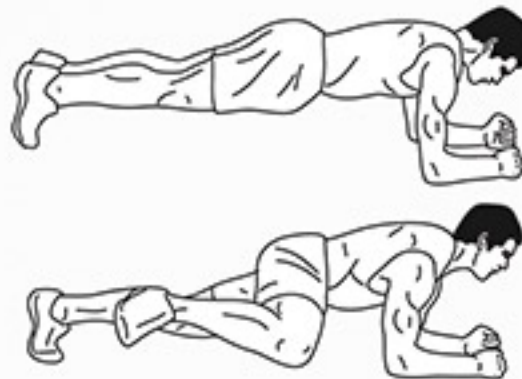
killer core

DAREBEE WORKOUT @ darebee.com

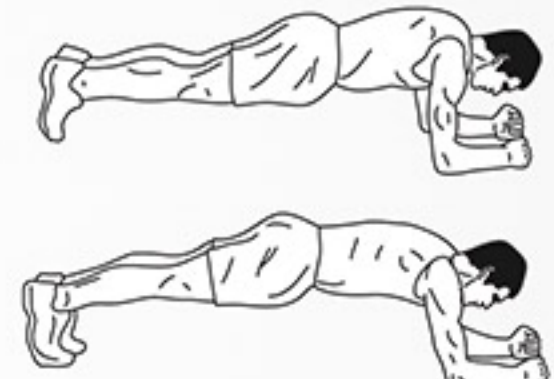
LEVEL I 3 sets LEVEL II 4 sets LEVEL III 5 sets REST up to 2 minutes



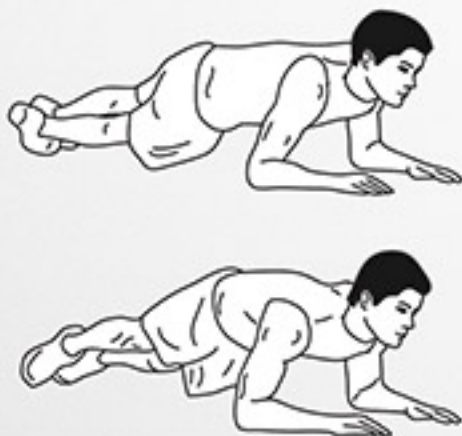
10 plank leg raises



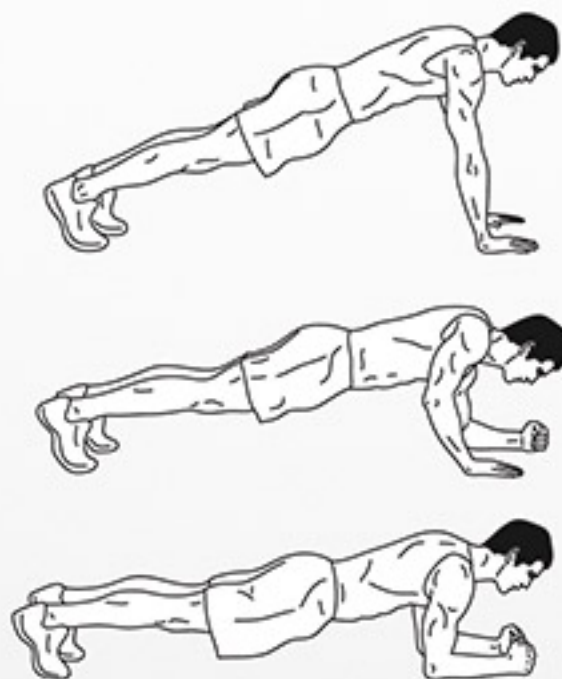
10 plank side crunches



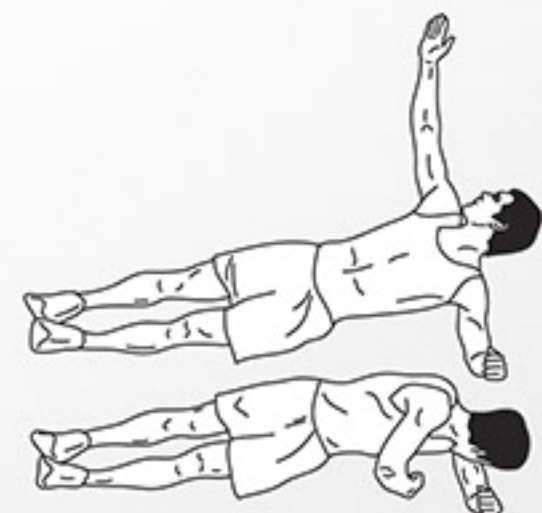
10 body saw



10 plank rolls



10 up and down planks



10 side plank rotations

MONSTER CORE

DAREBEE WORKOUT @ darebee.com

LEVEL I 3 sets LEVEL II 4 sets LEVEL III 5 sets REST up to 2 minutes



20 plank crunches



20 body saw



20 side bridges



20-count hollow hold

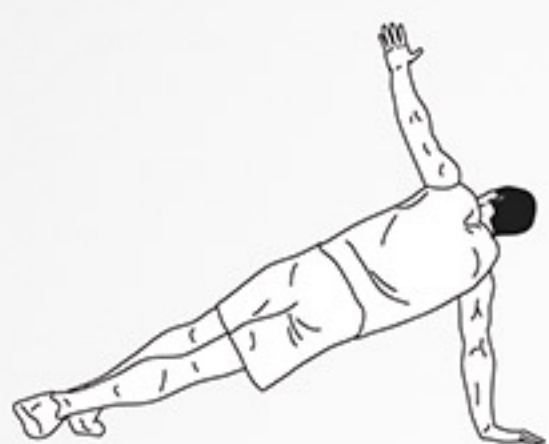


20 back extensions

SOLID **CORE**

DAREBEE WORKOUT @ darebee.com

LEVEL I 3 sets LEVEL II 4 sets LEVEL III 5 sets REST up to 2 minutes



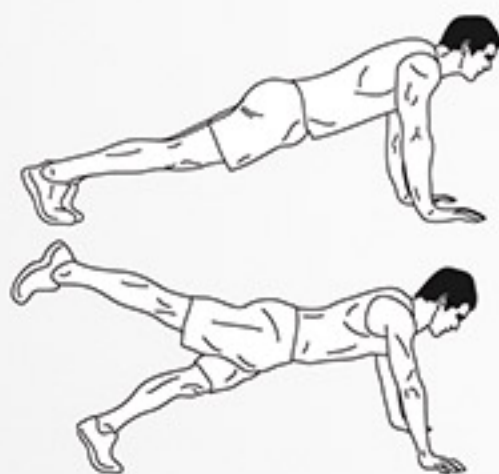
10-count side plank hold
right side



10 plank rotations



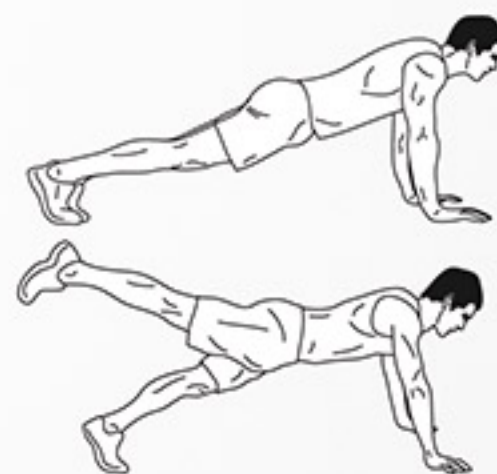
10-count side plank hold
left side



10 plank leg raises



10-count plank hold



10 plank leg raises



5 up and down planks

strong **core**

DAREBEE WORKOUT © darebee.com



10 side bridges



10 plank rolls



10 plank leg raises



10 side bridges



10 plank rolls



10 seagulls



10 side bridges



10 plank rolls



10 plank crunches

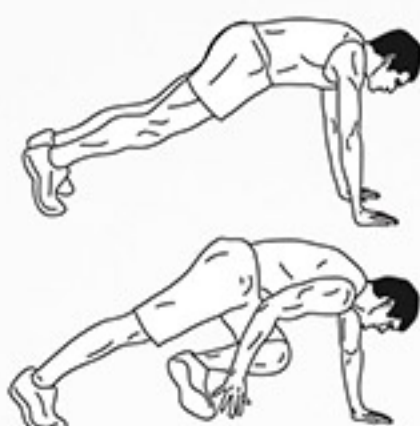
Total Core

DAREBEE WORKOUT @ darebee.com

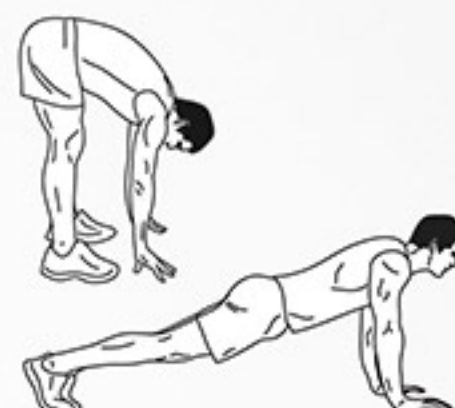
LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



30 high knees



10 climber taps



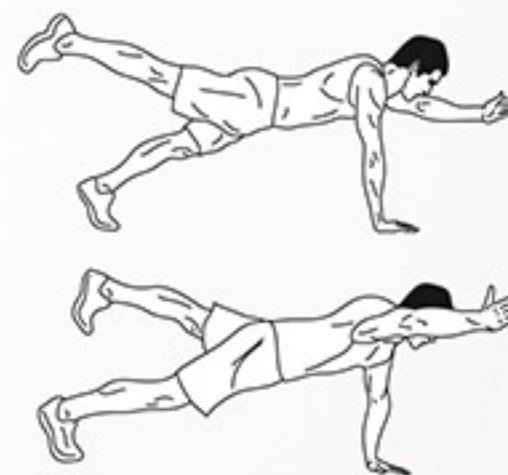
4 plank walk-outs



30 high knees



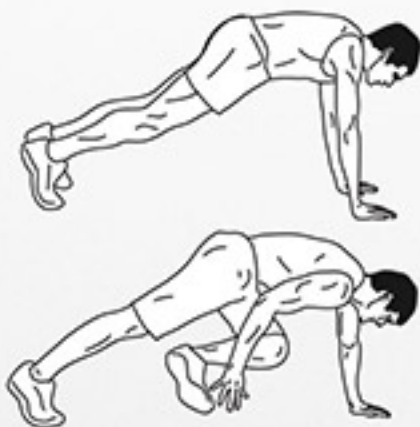
10 climber taps



4 alt arm/ leg raises



30 high knees



10 climber taps



4 side plank crunches